



CHAMELEONS NEWS



The newsletter for the Cardiff Chameleons Swimming and Bowls Club

Affiliated to Special Olympics GB / Special Olympics Wales / Mencap / Welsh Sports Association for People with a Learning Disability. www.cardiffchameleons.co.uk Registered charity number 1103879

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CONGRATULATIONS TO...

Pamela Bailey & Vicky Pearson who celebrate their **60th** birthdays this month!

SWIM SESSIONS

You will need to book your place if you are attending for the first time, after that you will be put on the list that you will be attending regularly. However, if you **are not** going to attend a session please can you let Pamela know; this is so that she can arrange how many sessions to hold at Howells school or the number of lanes required at the CMC S&S Club.

Howells School the sessions for **July** are on the **10th and 17th** from *6pm until 6:45pm and 6:45pm until 7:30pm.*

There will be no swim sessions on Sunday 24th July and Sunday 31st July

ADVANCE NOTICE: There will be no swim sessions at Howells School on **ALL** Sundays in August

Sessions will restart on Sunday 11th September. It is being proposed that from this date to re-arrange the Sunday sessions. As we have a few younger members who are not that strong in swimming we are going to give them a session of their own to use the width of the pool instead of a lane. Their time will be 5.45pm until 6.15pm. As we have had a fall in numbers of regular attendees, they will now be down to one session from 6.15pm until 7.00pm

CMC S&S Club the sessions for **July** are on the **7th, 14th, 21st and 28th** from 8pm until 8:45pm.

The subs are **£3.00 per session** at both venues.

You will need to be a paid up Club member (£20) to be able to attend the sessions.

Parking is available by the pool at Howells school and for the CMC S&S there is free parking in the multi-storey car park. At the CMC S&S there is a room available for parents to go to whilst the session is going on.

CLUB GALA

Please let Pamela know that you want to attend the gala before the 17th July so that we can do a programme.

This event is on **Sunday 24th July** at the pool at Howells School.

We would like you to be at the pool by 5pm and the gala will start at about 5.30pm and will run until about 7.30 – 7.45pm. We are using this venue as spectator space will be available along the one side of the pool.

The presentation evening will be at the CMC S&S Club on Tuesday 26th July starting at 7.30pm.

Thank you to those who have returned the cups / trophies you won back in 2019. **We NOW need all the others back engraved or not!**

AFTERNOON TEA

This is on **Sunday 31st July** again at Howells School. We are theming it on the *Queen's Platinum Jubilee and the Commonwealth Games*, so get your tiaras and running kit ready. **Starting from 2.30pm**, we will again be providing the food and we would like you to bring along your favourite drink. We are charging £3.00 per person (pay on entry) **but you will need to let us know that you are coming for catering purposes**. There will be our usual raffle.

Due to building restoration at Howells school there is a lot of scaffolding around the buildings. Please use the CAR PARK and then walk around to back of the school.

CLUB BARBECUE

This is being held on **Sunday 4th September** at Howells School starting from **2.30pm**. A swim session will be available if you want to have a swim before eating. Our usual chefs will provide the food and as usual please bring your own drink. A raffle will also be done.

Due to building restoration at Howells school there is a lot of scaffolding around the buildings. Please use the CAR PARK and then walk around to back of the school.

50+ Club

Winners for the June draw are £15.00 to Moya Rees and £10.00 to Freda Bailey. Congratulations!!

QUESTION

What would **you** like to do for Christmas?

Please can I have some ideas / suggestions by the end of the month! As a venue may need to be booked!

Bank Transfers

To avoid paying bank charges on cash and cheques when paying any monies to the Club please try and do it by bank transfer, the details are...

Bank: HSBC – Account name – Cardiff Chameleons – Sort Code 40-16-30 - Account Number 01431285

It would also be helpful if you could add your surname and reason for payment e.g. Membership.

Many thanks for your help. Any queries please ring Elaine- 029 2076 4770.

How to contact us	
Coaches	Pamela – 029 2025 7314 / 07817 380355 pamela.bailey6@virginmedia.com
	Robin – 029 2021 6008
	Barrie – 029 2075 3038 / barriejenkins50@live.com
Treasurer	Elaine – 029 2076 4770 / elainemdaw@googlemail.com
Newsletter & Chair	Steve – 029 2025 7314 / 07791 759360 / stephen.bailey497@ntlworld.com 33 Ty Cerrig, Pentwyn, Cardiff. CF23 7DP Items for the newsletter to be in 5 days prior to the end of the month. Please put it as a Word attachment if on e-mail
Other contacts	Denise – 029 2075 2909 Ian – 029 2023 3065
Club sessions	
Swimming - Howells School – Sunday 6.00-6.45pm & 6.45 – 7.30pm (Booking required) Cardiff Medical Centre Sports & Social Club (UHW site) – Thursday 8.00pm – 8.45pm (Booking required)	
Bowls – Cardiff Indoor Bowls Club - Friday 4.00 – 6.00pm	